

Rotary



Rotary Opens
Opportunities

29 APRIL 2021
Rotary Year 2020-2021

TINIG

The Official Newsletter of the Rotary Club of Pasig



MA. TARCELA GLER

INFECTIOUS DISEASES

Today's Programme

Virtual Meeting via Zoom

April 29, 2021, 12:30 P.M

Pangkat No. 4 Leader PP/Dir. Rel Gomez

Call to Order	Pres. RJ Ermita
Invocation	Rtn. Arnel Condicion
National Anthem	Recorded
FOUR-WAY TEST	Rtn. Dekdek Paloma
Introduction of Visiting Rotarians & Guests	PP Vic Aquino
Community Singing	PP Rel Gomez
Wise or Otherwise	
Fining Moments	PP Vic Aquino
President's Time	Pres. RJ Ermita
Introduction of Guest Speaker	Rtn. Ato Basco

DR. MARICEL GLER

Infectious Disease Consultant of Makati Medical Center

GUEST SPEAKER

Open Forum	
Adjournment	Pres. RJ Ermita

PP Bert Albano

Emcee

April is Maternal and Child Health

Invocation



As we praise your mighty name for the blessings you have showered upon us, we beseech you to hear our prayers as our sacrifice to you. May heal our land afflicted still with the pandemic, comfort our sick brothers and sisters, and keep us safe from all harm. We ask this through Christ our Lord.

Amen

THE FOUR-WAY TEST

of the things we think, say or do:

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

Object of Rotary

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

First : The development of acquaintance as an opportunity for Service;

Second : High Ethical standards in business and professions; the Recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;

Third : The application of the ideal of service in each Rotarian's personal, business and community life;

Fourth : The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

Song of the Day



FIGHT THE VIRUS

A PARODY OF SIMON & GARFUNKEL'S

"Sound of Silence"

By: Alvin Oon

Hello virus from wuhan
Another problem's here again
Because you see the contagion creeping
And the virus is indeed spreading
And the memory
of Sars planted in my brain
still remains
We stand and fight the virus

We hear of theories how it grew
From snakes and bats became a flu
Passing the sickness from man to man
Now it's crowing, getting out of hand
It's a virus that has travelled near and far
Corona
We have to fight the virus

And in the latest news I saw
Ten thousand and people maybe more
People falling sick with much coughing
People falling I'll with much sneezing
People worried for
Their health and their ones so dear



ROTARY CLUB OF PASIG



Tinig Newsletter

April 29, 2021

Song of the Day

Continuation 1.



Pneumonia

We keep the fight the virus

Keep your hand clean always know
Hygiene will stop that virus grow
When you sneeze cover with a tissue
Even coughing just let me teach you
Wear a mask if you're sick
So that others won't get it too
We count on you
To help to fight the virus

Together we must overcome
To beat this virus fight as one
For a life of health and harmony
It's in our hands it's up to you and me
For the health of our land
Of our friends and family
Humanity
We will win this fight the virus

From the President

Pres. RJ Ermita



A pleasant Rotary Afternoon to Everyone!

As announced in our club's viber bulletin, we are calling for support for the RC Pasig Community Food Drive (aka RCP Ayuda) to benefit our community members from Caliuag GK Village and Ilugin Community Center. Times have again been difficult with the onslaught of the new variant of Covid, thus forcing the government to declare ECQ, then MECQ for the whole month of April. Movement is restricted, jobs have been put on hold.

Our aim is to deliver a variety of food supplies in several runs within these 2-week period. Everyone's help will be very much appreciated.

May I also call for the membership's support to our PE Garrick Ang by attending the 2021 District Assembly on Saturday, May 8, 2021 from 1 to 5pm and Saturday, May 15, 2021 from 9am to 5pm. International speakers from the Rotary world will be speaking. You may register at <https://distas2021.xperto.ph/>

Today we have a speaker invited by Doc. Ato Basco who will speak about general concerns and experiences after covid vaccination. It should be a good informative talk for us.

On the continuing celebration of our 50th year as a club, we remain..

Yours in Service,

RJ H. Ermita

Rotary Notes

PP Benny P. De Guzman



Covid cases breached the one million mark . But that is not yet the critical part. It is that the vaccines that have arrived is not even for 2% of our total population. The pandemic has shown its toll in economic activities as it pushes our economy downwards some more.

Rtn Cong Roman gave the good news that the US will now allow more than 50 million vaccines of AstraZeneca to be exported and we can get a good slice of the exports. Meanwhile, especially for Rtn Dennis, PP Pilar of RC San Juan Del Monte is asking for donors of plasma from those who survived this dreaded COVID-19. May Dennis and those you know kindly donate for a very good cause? You cannot make use of this plasma anyway. We all, must do our part.

Our Pangkat head, VP Bart who had a great excuse to not accept the presidency of our club is not just getting any new member. He wanted the rest of the Pangkat members to make sure new members Rtn Rod fits in well. He has a lot of experience that can be used immediately as we are in charge of the guest speakers for June. He and Rtn Cong Roman were schooled in the exclusive South Ridge. The contacts of Rod is so extensive and we can use him especially in getting good speakers.

From out Pangkat, we had well sought speakers in many fora like PP Topax last meeting and also our Pangkat co-leader Rtn Adolf, both with their chosen topics. Not defense of their classifications but topics of general interest in the fields they are in. Imagine PP Topax after bit coin was in another venture in Japan with a Japanese partner teaching golf. That was a new venture that he went into. Many caddies become good golfer but have you heard



Rotary Notes

PP Benny P. De Guzman

Continuation 1.

of a golf instructor become a good one? They are too busy imagining what to implant while teaching themselves in the process.

Congratulations to Rtn Adolf on the Hermes belt he got. I hope he truly got the genuine one. The ones in the shopping centers in Greenhills and Binondo are that good that even Hermes officials cannot distinguish. If they did not register the design with our Intellectual Property at DTI, they may find some confusion with the Herpes brand with assurances of no contamination even on the envious.

Tinig congratulates former AG, PP Gina Sanchez for being named by RI as Assistant Regional Coordinator. She can very well be a very good district governor as what PP Raymond Samson of our daughter club posted in his Facebook account.

Congratulations to IP Garrick and Baby Rtn Bernard for topping the donors for our scholarship program. They surpassed the Anonymous who annually is giving 10 scholarships. And, would anybody propose to start a Rotary-assisted Pantry that CPP & NPA of Rtn Adolf will improve on? It can be near of our Rotary building to support even our Medical Clinic. From among our members, we can get in kind donation as starters.

Walking the Avenues

PP Jun C. Zafra



HOW TO TALK TO SOMEONE WHO IS VACCINE HESITANT

TIPS TO HAVE THAT TALK

by Elizabeth Schroeder

As COVID-19 vaccinations are administered around the globe, you've probably seen your social media feeds fill up with joyful vaccine selfies and excited appointment updates. Chances are, you also have someone in your life who's skeptical. Most of us do — and that has public health officials concerned.

Vaccine hesitancy is often fuel for heated public debate, but conversations about vaccines don't have to be contentious. In fact, being willing to have them is one of the most impactful ways we can influence global health. As with many emotionally-charged topics, knowing how to start the conversation can be the hardest part. These tips may help you open up a dialogue and get your loved ones thinking differently about being vaccinated.

Find shared values. We all want similar things — healthy families, thriving communities, and a sense of control over our health. Demonizing vaccine-hesitant individuals only creates further division and exacerbates an “us vs. them” mentality. Try explaining why you choose vaccinations. Is it to protect the most vulnerable members of your community? To shield your children from preventable disease? Relatable motivations like these can help forge a human connection and get to the emotional heart of the issue.

Walking the Avenues

PP Jun C. Zafra

Continuation 1.

Seek to understand. Just as there are many reasons to be vaccinated, there are many reasons a person might feel dubious. A prevalent one is misinformation, which is more contagious than ever in our digital age. Others are more complicated and riddled with an ugly history. Marginalized communities have spent centuries being mistreated by the medical establishment. Expecting these communities to immediately trust the same institution to have their best interest at heart is unfair and dismissive of historic trauma.

Know your “C’s.” The World Health Organization (WHO) has outlined three “C’s” that contribute to vaccine hesitancy: complacency, convenience, and confidence. We could also add a fourth: culture. Rates of vaccine hesitancy, as well as contributing factors, vary widely based on a person’s location, background, and community. Being cognizant of these differences can prevent us from making incorrect assumptions. If someone is skipping recommended vaccines due to religious beliefs, opening a conversation with safety statistics may not be helpful or relevant to them.

Lead with facts. Mythbusting can be tempting, but did you know that repeating misinformation can actually give it more weight? Instead of focusing on why that meme or blog post is incorrect, stick to simple statements of fact. For example: “large-scale scientific studies find no link between the HPV vaccine and autoimmune symptoms.”

Be the voice of the majority. Social norms are an incredibly powerful force, but the key is to keep it positive. If you try to convince someone that not enough people are receiving vaccines, they may feel that their hesitancy has been validated by others. A



Walking the Avenues

PP Jun C. Zafra

Continuation 2.

more effective approach is to focus on how many people are choosing to vaccinate and why. Remind them that large-scale inoculation is a group effort and we want them on the team.

Identify the problem and the solution. If you've ever stood at the edge of a diving board, unable to move, you know that fear can be paralyzing. Fear of severe illness can have similar effects. When we talk about vaccine-preventable disease, simply scaring someone is likely to backfire. Instead, it's important to acknowledge two facts simultaneously: these diseases are serious and being vaccinated is a simple and effective countermeasure. Help put power back into their hands by identifying an action they can take — being vaccinated!

Vaccines bring us closer to a world where everyone thrives, but it's a team effort. By having conversations, you can bring your friends and family along on our global health journey.

Tinig Tidbits

By: PP Peter M. Javier



MEDICAL TERMS THAT WILL IMPRESS YOUR DOCTOR

Xerosis

If your dermatologist says you're suffering from xerosis, there's no reason to be alarmed. This simply means that you've got some dry skin.

Cerumen

When you clean your ears, the stuff that comes out of them is known as cerumen. However, you most likely just call it earwax.

Sphenopalatine Ganglioneuralgia

If you've ever eaten too much ice cream in a short span of time, you've probably experienced sphenopalatine ganglioneuralgia, more commonly known as brain freeze.

Morsicatio Buccarum

Morsicatio buccarum is an uncommon condition that causes people to repeatedly bite down or chew on the inside of their mouth, which can lead to painful lesions.

Lachrymation

Many of us end up experiencing lachrymation after watching a sad movie. This is because this strange medical term actually refers to crying.

Photalgia

If your eyes sting as soon as you step outside, then you might be a sufferer of photalgia, which is a kind of light-induced pain of the irises.

Tinig Tidbits

By: PP Peter M. Javier

Continuation 1.

Epistaxis

If you've got rivers of blood flowing out of your nostrils, then you're currently suffering from epistaxis, also known as a nosebleed.

Proctalga Fugax

This one literally means a pain in the butt! If you've got anal pain for no apparent cause, especially if it is accompanied by muscle spasms, then you're suffering from proctalga fugax.

Xerostomia

Many different types of medication can cause your mouth to go dry, which is known in the medical community as xerostomia.

Bruxism

Your dentist may be concerned if you tell him you suffer from bruxism since this means that you voluntarily grind your teeth.

Horripilation

This is one medical term for goosebump. It stems from the Latin words “horrere”, meaning to stand on end, and “pilus”, which is the Latin word for hair.

Fasciculation

If you feel your muscle fibers contracting under your skin, then you are experiencing fasciculation, also known as muscle twitch.

(From BabaMail)



Rotarians' Scholarship Pledges RY 2020 - 2021

Scholarship Pledges

Anonymous	10 – Paid
Anonymous	8 – Paid
PP Ner Laiño	6 – Paid
Garrick & Bernard	12 – Paid
PP Conrad Cuesta	3
PP Peping Mabanta	2 – Paid
Pres. RJ Ermita	2 – Paid
PP Rel Gomez	2
Rtn. Flor de Pano	1 – Paid
PP Jess Acantilado	1
PP John Javier	1 – Paid
Rtn Roy Quejada	1 – Paid
PP Peter Javier	1 – Paid
Rtn Gary Ona	1 – Paid
Rtn Bong Paloma	1 – Paid
Rtn Bart Ronquillo	1 – Paid
PP Ed Lucero	1 – Paid
Rtn Jake Oh	1 – Paid
PP Vic Lim	1 – Paid
PP Rhett Ermita	1
Rtn Pal Bolivar	1 – Paid

DECLARATION OF ROTARIANS IN BUSINESS AND PROFESSIONS

As a Rotarian engaged in a business or profession, I am expected to:

1. Consider my vocation to be another opportunity to serve;
2. Be faithful to the letter and to the spirit of the ethical codes of my vocation, to the laws of my country, and to the moral standards of my community;
3. Do all in my power to dignify my vocation and to promote the highest ethical standards in my chosen vocation;
4. Be fair to my employer, employees, associates, competitors, customers, the public and all those with whom I have a business or professional relationship;
5. Recognize the honor and respect due to all occupations which are useful to society;
6. Offer my vocational talents: to provide opportunities for young people, to work for the relief of the special needs of others, and to improve the quality of life in my community;
7. Adhere to honesty in my advertising and in all representations to the public concerning my business or professions;
8. Neither seek from nor grant to a fellow Rotarian a privilege or advantage not normally accorded others in a business or professional relationship.

ROTARY CODE OF CONDUCT

As a Rotarian, I will

1. Exemplify the core value of integrity in all behaviors and activities
2. Use my vocational experience and talents to serve in Rotary
3. Conduct all of my personal, business, and professional affairs ethically, encouraging and fostering high ethical standards as an example to others
4. Be fair in all dealings with others and treat them with the respect due to them as fellow human beings
5. Promote recognition and respect for all occupations which are useful to society
6. Offer my vocational talents: to provide opportunities for young people, to work for the relief of the special needs of others, and to improve the quality of life in my community
7. Honor the trust that Rotary and fellow Rotarians provide and not do anything that will bring dis-favor or reflect adversely on Rotary or fellow Rotarians
8. Not seek from a fellow Rotarian a privilege or advantage not normally accorded others in a business or professional relationship

PANGKAT MEMBERS RY 2020 – 2021

PANGKAT NO. 1

- 1. Pres. RJ Ermita - Leader**
2. Tony Diaz – Co-Leader
3. Ner Laino
4. Jing Jose
5. Rene Bocaya
6. Celso Ylagan
7. Leo Barbo
8. Philip Yoon
9. Arjan Ramnani
10. Marlo Guillano
11. Manfred Guangko
12. Sonny Samson
13. Jay Bautista
14. Nilo Ocampo

PANGKAT NO. 2

- 1. John Javier - Leader**
2. Nicky Ty –Co-Leader
3. Peping Mabanta
4. Ogie Lim
5. Nick de Guzman
6. Vico Sotto
7. Sonny Rivera
8. Ben Baniel
9. Raffy Garcia III
10. Ramy Garcia IV
11. Garrick Ang
12. Ferd Rivera
13. Johan Ramos
14. Roland Vasquez
15. Rtn. Dickson Berberabe
16. Rtn. Tet Mallare

PANGKAT NO. 3

- 1. Ed Lucero - Leader**
2. Bong Paloma – Co-Leader
3. Wowie Benitez
4. Noel Go
5. Conrad Cuesta
6. Louie Orosa
7. Nesty Carolina
8. Esto Lichauco
9. Rhett Ermita
10. Peter Javier
11. Sammy Lazo
12. Gerard Estrada
13. Ato Basco
14. Jake Oh
15. Rtn. Bernard Bobadilla
16. Rtn. Gary Ona

PANGKAT NO. 4

- 1. Rel Gomez - Leader**
2. Ed Evangelista- Co-Leader
3. Toti Buhain
4. Bert Albano
5. Raj Cordova
6. Vic Aquino
7. James Porter
8. Chito Bernardo
9. Alex Lacson
10. Ping Tan
11. Pal Bolivar
12. Carlo Doce
13. Allan Almazar
14. Rtn. Arnel Condicion
15. Rtn. Dekdek Paloma

**PANGKAT MEMBERS
RY 2020 – 2021**

Continuation 1.**PANGKAT NO. 5**

- 1. Jun Zafra - Leader**
2. Jecko Santos – Co-Leader
3. Ray Armas
4. Bebert Lacuna
5. Dennis Albano
6. Totoy Bartolome
7. Arnel Estaniel
8. Hermie Orbe
9. Vic Lim
10. Nick Guzman
11. Tito Henson
12. Johansson de Guzman
13. Vince Ermita
14. Rtn. Cesar Lacuna
15. Rtn. Roy Quejada
16. Jeffrey Sonora
17. Roehl Fontanilla

PANGKAT NO. 6

- 1. Bart Ronquillo - Leader**
2. Adolf Aran – Co-Leader
3. Ike Ona
4. Kell Ortega
5. Benny de Guzman
6. Albert Mendiola
7. Edison Go
8. Flor de Pano
9. Topax Colayco
10. Roman Romulo
11. Chony Gimenez
12. Jess Acantilado
13. Nico David
14. Oyie Averilla
15. Rtn. Ferdie Legaspi
16. Rod Moreno

From the Secretary's Desk

Sec. PP John Javier



Attendance

Members Present51

% of Attendance (04/22/21).....54%

Birthday Celebrants for the Month of April 2019

Wedding Anniversaries for the Month of April 2019

Guest and Visiting Rotarians

1. Atty. Rod Moreno, Host: PRID Raffy Garcia III
2. Jeffrey Sonora, Host: PE Garrick Ang
3. Roehl Fontanilla, Host: PE Garrick Ang
4. Gov. Tonipi Parungao
5. SAG Armi Guibael
6. PP Val Chua, former RC Pasig
7. Ruby Palacol



ROTARY CLUB OF PASIG



Tinig Newsletter

April 29, 2021

Officers and Directors

ROTARY CLUB OF PASIG (RY 2020-2021)

President	Renato Carlos “RJ” H. Ermita, Jr.
Vice President/PE	Roberto “Bart” C. Ronquillo
Club Secretary	PP Peter John “John” U. Javier
Treasurer	Rtn. James Philip Roland V. Porter

DIRECTOR:

Club Administration	PP Rogelio “Ogie” S. P. Lim
Membership	PP Aurelio “Rel” L. Gomez
Public Relations	Rtn. Garrick “Garrick” L. Ang
Service Community	Rtn. Francisco “Sonny” D.C. Rivera
The Rotary Foundation	PP Marcelo “Jun” C. Zafra, Jr.
Youth Service	PP Roy Eduardo “Ed” T. Lucero
Ex-Officio	IPP Nick “Nick” C. Guzman

Advisers:

HOF/PP Rhett Ermita
PP Conrad Cuesta
Rtn. Ike Ona

Editorial Staff

TINIG STAFF RY 2020-2021	FEATURE WRITERS	
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OGIE LIM Club Bulletin Admin.	BENJAMIN P. DE GUZMAN Rotary Notes	JUN C. ZAFRA, JR. Walking the Avenues
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MAKE-UP SLIP

This serves as proof of your attendance

Name of Visiting Rotarian

Name of Rotary Club

RC – Pasig Club Secretary: _____ **Date:** _____

Glimpses of Our Last Meeting



TP Rj calls to order meeting with PP Toti as emcee



Rtn Pal recites the Four-Way Test PP Bert enjoying his lengthy fining



TP Rj welcome DG Tonipi Parungao who inducts club's 3 new members

Glimpses of Our Last Meeting



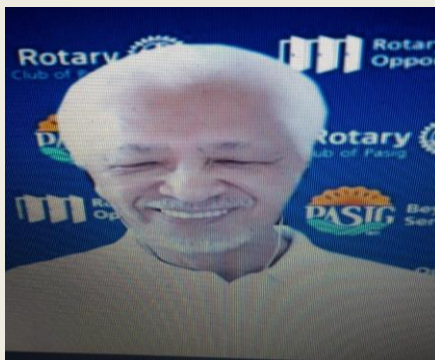
DG Tonipi swearing into membership... Jeffrey Sonora



Roehl Fontanilla



Atty. Rodrigo Moreno



PP Rel introduces today's speaker PP Topax

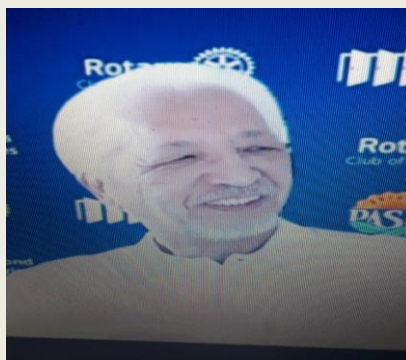
Glimpses of Our Last Meeting



Who talks on Bitcoin



Questions come from PP Ramy, PN Bong

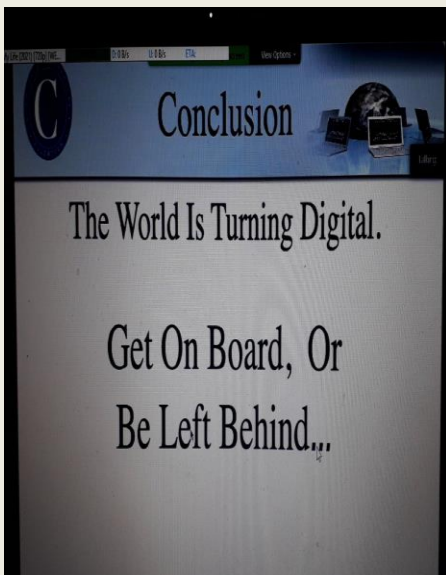


and VP Bart are replied to

Glimpses of Our Last Meeting



and that from guest former Rotarian PP Val Chua



Final words from PP Topax, TP Rj adjourns meeting